MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

Macomb MSU Extension
4-H Family Notes
Children, Youth & Family Programs
March-April 2006

County Kicks Off OMK With Hero Packs

On February 8, 2006, 37 4-H'ers, volunteers and parents gathered at the MSU Extension 4-H office to assemble Hero Packs for youth with a deployed parent in the National Guard or Army Reserve. The backpacks were filled with notepaper to write to deployed family members, lanyards, dog tags and stuffed animals.

Also included were hand-written notes from 4-H clubs to the kids of those family members, offering encouragement and support. Above & Beyond, Romeo Rebels, Ray's Riding Rascals, Creative Clovers, K-9 & Kompany, Kids-N-Kritters, Clever Clovers, Huron Pointe Coyote and Hidden Trails 4-H clubs, the 4-H Youth Mentor Program and 4-H families from St. Clair County participated in the Hero Pack assembly.

Approximately 200 Hero Packs were assembled Those involved said they felt good about being able to help out kids affected by deployments. Nearly 4,000 kids have been affected and we're hopeful that the Operation: Military Kids program will help remind kids that they are heroes, too. The Detroit Free Press and Channel 7 News were on hand to hear from 4-H'ers about the Hero Packs and their part in helping kids from around the state.

4-H members, volunteers and parents gathered at MSU Extension on February 8, 2006 to assemble Hero Packs. The packs will be distributed to children of deployed servicemen and women.

Exploration Days: MAKE YOUR BEST BETTER

Come to Michigan State University on June 21-23, 2006 for 4-H Exploration Days! 4-H Exploration Days is an annual MSU pre-college program that attracts about 2,500 participants from all 83 Michigan counties.

This program is like no other teen conference you'll ever attend! Choose from more than 175 action-packed learning sessions from your favorite interest areas. Develop your leadership abilities and enhance your individual growth. Learn new ideas, skills and techniques you can use at home or in your 4-H group and community. Make friends and enjoy leisure activities on the beautiful MSU campus.

Ask anyone who has attended. 4-H Exploration Days is an exciting experience that can change your outlook. It's an experience that can change your life! We'll look for you this year at 4-H Exploration Days--MSU's largest pre-college program!

Costs: The full-time participant fee is $155. This includes all meals, shared lodging, sessions and an event T-shirt. The commuter fee is $80. Commuters do not receive meals or lodging. Some highlights of 4-H Exploration Days 2006 include Wharton Center Entertainment, Fireworks Display, Dance, Swimming, Planetarium Show, Museum, Ice Skating, Bowling, and 4-H Awards Celebration.

You do not have to be a 4-H member to attend 4-H Exploration Days. Registration will begin in mid March and will be accepted through May 5, 2006. Session information and registration forms are available on the web at http://web1.msue.msu.edu/cyf/youth/expodays.html. For more information, call the Macomb County 4-H Office at (586) 469-6431.

4-H'ers Encouraged to Apply for Awards

The Michigan State 4-H Awards Program is an opportunity for 4-H'ers members 13-19 years of age as of January 1, 2006, with three or more years of experience in 4-H, to meet new friends, gain leadership skills, increase their interviewing skills, improve their writing skills, build their self-esteem and compete for recognition in more than 30 different project areas.

The Michigan State 4-H Awards Program includes county, regional and state level competitions. Program participants must submit completed individual or group awards application forms to their county MSU Extension staff by March 1. The applications are evaluated on the county level and submitted for regional competition. Regional winners are selected by early April. Regional winners can compete for state-level honors in one project area.

State winners are selected during the 4-H Awards Assembly, held at MSU during in June. Selection is based on the awards application and an interview. Winners are announced at the 4-H Awards Celebration, which is held on Thursday night of 4-H Exploration Days. For more information contact the 4-H Office or visit the State Awards website at http://web1.msue.msu.edu/cyf/youth/staward.html.

Mark of Excellence

Mark of Excellence is a recognition program for members between the ages of 11 – 12 years of age. Interested 4-H'ers will write an essay focusing on the theme **"Because of 4-H, I Can…".** 4-H members will have the opportunity to share their 4-H experiences with other 4-H youth in their county and across the state.

Each county may select up to two representatives to be recognized during the State Awards Celebration at MSU in June during 4-H Exploration Days. Participation in 4-H Exploration Days is not required but is strongly encouraged. Contact the 4-H office for contest guidelines or visit the Mark of Excellence website at http://web1.msue.msu.edu/cyf/youth/staward.html.

Club & Committee News

County 4-Hers Volunteer in New Orleans

On Monday January 23, 2006, Macomb County 4-H members, Gina Riebel and Ashley Kuschel returned from New Orleans after spending five days working as volunteers with Animal Rescue New Orleans (ARNO). The Armada High School Seniors made the trip after learning that volunteers were needed to help rescue animals, care for animals and assist in reuniting displaced animals with owners. ARNO volunteers work in conjunction with Best Friends, an organization based in Utah, to assist in caring for over two thousand animals which have been rescued since Hurricane Katrina. Gina and Ashley helped care for 120 dogs that were among the animals kenneled at Celebration Station, a temporary holding station in New Orleans.

The care included twice daily feedings, watering, kennel cleaning, grooming, moving animals for transport to local veterinarians, and other duties as needed. Volunteers were also encouraged to spend time and bond with the dogs as much as possible. The girls stayed at Celebration Station with the animals and other volunteers, sleeping on air mattresses. The makeshift animal care facility was once an arcade.

Macomb County 4-H'ers Ashley Kuschel (Kids-N-Kritters) and Gina Riebel (Hidden Trails) volunteered to help rescue animals in New Orleans.

Gina (Hidden Trails) and Ashley (Kids and Kritters) have animal care experience as 4-H members. Both have dogs and cats at home. Gina also has horses and raises pigs for 4-H. Ashley raises steers for her 4-H project. Both girls are officers in their respective clubs, teen leaders, active in community service and members of the Macomb County 4-H Livestock Sale and 4-H Livestock Program Committees. They paid for their trip from proceeds that they earned from their 2005 livestock projects.

Gina and Ashley both state that they made friends with other volunteers from all over the country. The people they met came to offer what ever assistance they could. Some volunteers stay for just a few days and several have been there for up to five months.

Both girls agree this was an unbelievable experience that they will never forget. The girls witnessed first hand the devastation to homes, buildings and most importantly peoples lives. The Ninth Ward area was the most damaged. Gina and Ashley explained how they observed notations on each home made with spray paint indicating the date the homes were searched and how many persons were rescued as well as how many bodies were recovered. The girls also witnessed several reunions between pet owners and their pets who had been separated for months. The girls both agree the trip was an emotional roller coaster. Both agreed that although the work was hard and the days long (14-16 hour days), the hardest part was leaving. The residents of New Orleans were very appreciative of the volunteers. Saying good bye to fellow volunteers, the animals and New Orleans was tough.

Ashley and Gina plan on attending Michigan State University in the fall. Ashley will enter the Animal Science Department and Gina will study Production Medicine. Eventually, Ashley hopes to be accepted into the School of Veterinary Medicine and become a large animal Veterinarian. Their 4-H experiences have helped them determine their careers.

Arriving back home both girls feel fortunate to have their families, friends, pets and homes. They have both developed a better appreciation for the important things in life, one of which is to help make a difference whenever you can.

Do you need PEP?

Macomb County 4-H Proud Equestrian Program (PEP) will be starting it's third year this spring and fall. PEP brings persons with and without disabilities together to work in a therapeutic riding program.

This program has shown to have a huge impact not only on the riders but the volunteers as well. Volunteers were asked what effect the program has had on them. Their comments included "I am more open-minded," "I have become more patient with people in general," "I have learned to work with kids better," and "I gained more respect and awareness of the abilities and emotions of the disabled." Volunteers also shared many meaningful moments such as "seeing the children improve over the session," "watching their confidence grow", "all the laughter and smiles," and when the "riders said thank you for volunteering."

So if you need some PEP in your life, consider volunteering for the Proud Equestrian Program. We need committed volunteers for our Wednesday classes from 6:00-8:15 starting April 26 through June 14 and August 30 through October 4. The classes will be held at a private facility located at 36411 Pound, Richmond MI 48062. If you are interested in volunteering, please contact the PEP Coordinator at 469-6431.

Former Rascal to be on Wheel of Fortune

Catch former 4-H member Jane Zaetta on the Wheel of Fortune on Channel 4. The taped show will air on June 9, 2006. Jane was a member of Ray's Riding Rascals 4-H Club.

Submitted by Jan Weber, Project Leader
Mini, Mighty & All 4-H Club

Club & Committee News (continued)

MSUE 4-H'ers Help Draw Fifth-Highest Crowd At Women's Basketball Game

Of the 9,051 fans at January's Michigan State University (MSU) women's basketball game, nearly 40 percent were MSU Extension 4-H members, volunteers and their families. Their presence helped create the fifth-largest crowd in MSU women's basketball history, while the cheers from 3,500 Michigan 4-H'ers helped propel the Spartans to a 73-71 victory over the Scarlet Knights of Rutgers University.

Eleven members of the Haslett Adventurers 4-H Club kicked off the game by singing the national anthem. The group also presented signed 4-H hats to MSU President Lou Anna K. Simon, MSU Women's Basketball Coach Joanne P. McCallie, Lupe Izzo, wife of men's coach Tom Izzo, star basketball player and former 4-H member Liz Shimek and MSU Extension Director Tom Coon, who said, "The Spartan women's basketball team is a great example of where hard work, skill and the pursuit of excellence can take you, which is exactly what our 4-H volunteers strive to instill in the 4-H youth they work with. Thirty-five hundred 4-H attendees may sound like a lot, but they are actually representing 230,000 4-H youth and 23,000 4-H volunteers from across Michigan."

The January special game-day event was a celebration of MSU Extension 4-H youth and 4-H volunteers. The group was offered free admission to attend the game, and both Extension and, given this year's success, Spartan women's basketball officials are hoping to make it an annual occurrence. Seventeen 4-H youth and volunteers attended from Macomb County.

News from the Petting Farm

As some of you know, I am employed at Wolcott Farm Learning Center, which will make things a lot more fun for all of us. We will be having four petting farms this year so please, if you wish to stay active, plan on attending at least two of the petting farms listed below and volunteer at least six hours (three at each of them). The first Petting Farm will be on Saturday, June 24 and Sunday, June 25 from 9 a.m.-4 p.m. The second Petting Farm will be on Saturday, August 5 and Sunday, August 6 from 9 a.m.-4 p.m.

For anyone else who just enjoys the Wolcott Farm Programs or wants to earn community service hours, please contact Cheryl at (586) 784-4042 or the Wolcott Farm Learning Center at (586) 752-5932.

Submitted by Cheryl Donovan
4-H Petting Farm

4-Hers Make Dessert, Share Stories

Members of School Section 4-H Club made apple crisp from scratch for residents of the Fair Acres Assisted Living Facility in Armada. The residents enjoyed the dish and shared stories with members of the club. Fun was had by all. Leader Sharlene Viaene assisted Ashley Viaene, Alexandria Pinskey, Rochelle Raska and Eric Raska with the project.

Submitted by Alexandria Pinskey
School Section 4-H Club

Jenuwine Earns Bronze

During the February 2006 Junior Olympic Archery Development competition, Heidi Jenuwine, a member of School Section 4-H Club, received a bronze medal. She also earned an additional bronze medal at the Open State Competition that same weekend.

Jenuwine completed Archery Coaching class in March 2005 and is certified by the National Archery Association. She currently helps coach at the Huron Pointe Sportsmen's Association.

Submitted by Alexandria Pinskey
School Section 4-H Club

County 4-H'er Awarded Scholarship

Annually, Michigan State University offers six scholarships to 4-H members applying to MSU as freshmen. This scholarship provides one-quarter of the annual tuition for four consecutive years of full-time study at MSU.

This past year MSU received over 100 applications. Macomb County had five exceptional candidates: Paul Gianferrara, Ashley Kuschel, Jenna Lotan, Amanda Dwyer and Gina Riebel. Applause to all for their significant effort and Congratulations to Gina for winning the scholarship.

Macomb County 4-Hers on M4-HYCC

Jennifer Sellers and Sharon Campion, both of Fraser, and Alan Perzanowski of Macomb Township are members of the 2006 Michigan 4-H Youth Conservation Council (M4-HYCC). The M4-HYCC is an advanced service learning and leadership opportunity for youths ages 13-19. Among other things, the teens will spend the year researching and presenting conservation issues to Michigan's legislative committees.

Above & Beyond

"Above & Beyond," the Juvenile Justice Center's new 4-H club, presented it's first ever 4-H awards for activities in the month of December. First, second and third place ribbons were awarded to kids who exhibited the best participation, attitude, and spirit of the project.

The youth have been involved in many activities to include career awareness, creating 40 hand-made Christmas stockings (containing hygiene products) that were given away to families at he Metro Family Center Soup Kitchen, and designing over 50 Christmas cards that were given to the residents of Martha T. Berry Hospital and the Senior Day Care Program.

On behalf of our hard working 4-H leaders, Megan Bucholtz, Rhonda Vermandre, Tim David, Joseph Mallory, Bernard Borowski, Edwin Cirame, Sheri Howell and all the other JJC Staff contributing to the 4-H projects, we thank you for your past and continued support.

Submitted by Annie Rescoe
Above & Beyond 4-H Club

Horsey News

At the 2005 4-H Horse Banquet, all youth were recognized for their participation in the light and mini horse projects. In addition, two awards, the Bill Collins Horsemanship Award and the Jane Sylvester Sportsmanship Award are presented. This year, Lucy Cooper was the recipient of both awards. Congratulations to Lucy and all participants of the Horse & Pony project!

Club & Committee News (continued)

2005 County Awards Participants and Winners!

Congratulations to all the leaders and youth who were recognized at the 2005 County Awards & Leader Recognition Banquet on January 25, 2006. Thank you to all the volunteers that helped make this year's banquet a success. Below is a list of all the nominees. An asterisk (*) indicates a trophy winner.

Project Awards – Junior Division

Arts & Crafts:
Bri Bloxsom (K-9 & Kompany)
Kelsey Ehrke (Hidden Trails)
*Alexandria Pinskey (School Section)
Haley Waterstraat (Clever Clovers)
Brianna Wilkinson (K-9 & Kompany)

Dairy Goats:
*Kara Lotan (Northern Macomb)

Dogs:
Lydia Allen (K-9 & Kompany)
Elizabeth Brockert (K-9 Shadows)
Renee' Kolleth (K-9 & Kompany)
*Heather Martin (K-9 Shadows)
Kylie Steenbergh (K-9 & Kompany)

Horse & Pony:
*Ashley Cerku (Midnite Riders)

Poultry:
*Haley Waterstraat (Clever Clovers)

Rocketry:
Crystal Knust (Northern Macomb)

Sheep:
*Nick Burton (Kids N Kritters)

Shooting Sports:
*Paul Stewart (School Section)
Brady Woods (Trail Blazers)

Swine:
*Chris Ehrke (Hidden Trails)

Veterinary Science:
*Heather Martin (K-9 Shadows)
Cole Waterstraat (Clever Clovers)

Woodworking:
*Alex Ford (Trail Blazers)

Project Awards – Senior Division

Arts & Crafts:
Lauren Rossi (Mini Mighty & All)
*Lisa Stewart (School Section)

Community Service:
*Lauren Rossi (Mini Mighty & All)

Dogs:
*Christine Bingham (Northern Macomb)
Lucy Cooper (Mini Mighty & All)

Food & Nutrition:
Christine Bingham (Northern Macomb)

Food Preservation:
*Ashley Kuschel (Kids N Kritters)

Goats:
*Christine Bingham (Northern Macomb)

Horse & Pony:
*Lauren Rossi (Mini Mighty & All)

Mini Horse:
Michael Coesens (Mini Mighty & All)
*Lucy Cooper (Mini, Mighty & All)
Carol Fons (Mini Mighty & All)

Photography:
*Patrick Houin (Ray's Riding Rascals)

Sheep:
Megan Miller (Kids N Kritters)

Shooting Sports:
*Jacob DuBaere (Trail Blazers)

Veterinary Science:
*Katie Rinke (Ray's Riding Rascals)

Volunteerism:
*Gina Riebel (Hidden Trails)

Woodworking:
*Katie Houin (Ray's Riding Rascals)

Special Awards

Achievement:
*Heidi Jenuwine (School Section)

Citizenship:
*Christine Bingham (Northern Macomb)
*Paul Gianferrara (School Section)

I Dare You:
*Chris Cooper (Mini, Mighty & All)

Leadership:
Christine Bingham (Northern Macomb)
*Chris Cooper (Mini, Mighty & All)
Joshua DuBaere (Trail Blazers)
*Ashley Kuschel (Kids N Kritters)
*Gina Riebel (Hidden Trails)

Key Club:
Christine Bingham (Northern Macomb)
Lucy Cooper (Mini Mighty & All)
*Jenna Lotan (Northern Macomb)
Katie Rinke (Ray's Riding Rascals)

Outstanding 4-H'er:
Chris Cooper (Mini, Mighty & All)
*Paul Gianferrara (School Section)
*Gina Riebel (Hidden Trails)

Most Deserving 4-H'er:
*Carol Fons (Mini Mighty & All)

Club Community Service:
*Trail Blazers (Tracy DuBaere)

Ambassadors

Christine Bingham (Ray's Riding Rascals)
Michael Coesens (Mini Mighty & All)
Chris Cooper (Mini Mighty & All)
Dan Cooper (Mini Mighty & All)
Lucy Cooper (Mini Mighty & All)
Jacob DuBaere (Trail Blazers)
Joshua DuBaere (Trail Blazers)
Carol Fons (Mini Mighty & All)
Paul Fons (Mini Mighty & All)
Jenna Lotan (Northern Macomb)
Heather Martin (K-9 Shadows)
Katie Rinke (Ray's Riding Rascals)
Lauren Rossi (Mini Mighty & All)
Danny Sexton (Northern Macomb)
John Sexton (Northern Macomb)
Jenni Stankovich (Mini Mighty & All)

County Awards Judging Committee

Jean Bingham (Northern Macomb)
Faye Cerku (Midnite Riders)
Mike DeFour (Just-For-Fun)
Nancy Duemling (K-9 & Kompany)
Rose Gianferrara (School Section)
Kathi Kuschel (Kids-N-Kritters)
Shelley Riebel (Hidden Trails)
Lori Riggs (Poochez-N-Pals)
Sue Schoenherr (School Section)
Alayne Waterstraat (Clever Clovers)

4-H Ambassadors

Pictured from left to right are 2005 4-H Youth Ambassadors Lucy Cooper, Christine Bingham, Jenna Lotan, Joshua DuBaere, Heather Martin, Jacob DuBaere, Michael Coesens, Dan Cooper, Chris Cooper, Lauren Rossi, Jenni Stankovich, Carol Fons, and Paul Fons.

ANR Week
March 3-11, 2006
For more information about ANR Week events, call (517) 353-3175 ext. 217. Send e-mail to bauer@msu.edu or visit www.canr.msu.edu/anrweek.

Upcoming Events

4-H Family Weekend: Journey to the Deep Blue Sea

Journey to new adventures and depths of the world's greatest natural resource, water! Learn about marine ecology, as your family compares the needs, niche, adaptations, relationships and habitats of animals from different ocean environments. We promise a weekend designed for families to share time together while learning, discovering, and giggling! This workshop is very hands-on and encourages family togetherness. Designed for families with children aged 5 to 12. This workshop will be held at Kettunen Center March 18-19, 2006. The cost is $40 per person. Register at Macomb MSU Extension by March 7th.

Plant Science & Entomology Workshop

4-H'ers age 12 and up and adult volunteers are needed to make the 2006 Plant Science and Entomology workshop the best ever. Gardening, bugs and technology, as well as crafts with bugs and plants, will be presented to get you geared up for a great growing season. The cost of this workshop, which will be held from March 24-26, 2006 at Kettunen Center, is $56. RSVP to MSUE by March 10. For more information, call Anne Crotser at (586) 469-6431.

Global Festival Workshop

Join the Global Festival workshop at Kettunen Center from April 1-2, 2006 to (1) experience a global festival with music, dance, art, food and discussion on important global issues; (2) learn how to identify local global and cultural education resources; (3) demonstrate how a community can recognize and celebrate its richness and diversity; and (4) learn how youth and adults can come together to plan and implement a community global festival. This workshop is for adult and teen volunteer leaders ages 13 and up. Cost for this workshop is $36. Reservations must be made by March 17th. Call Anne Crotser at (586) 469-6431 for more information.

Poultry Workshop

Gain new ideas and information about the 4-H Poultry project area at this workshop, on April 7-8 at Kettunen Center. Participants will have the opportunity to choose from a variety of learning options. Learning opportunities will explore breed selection and identification, egg production, flock management, disease, water fowl, showmanship and other related areas. The workshop will provide adult and teen leaders (13 yrs. and older) the opportunity to exchange ideas, meet new friends, and develop new networks with others in the 4-H poultry area. The cost for this workshop is $32. RSVP by March 31. Contact Christine Miller at (586) 469-6431 for more information.

Dairy Conference

If you'd like to know more about the dairy industry, please attend this conference from April 21-23 at Kettunen Center. Various dairy management topics will be covered including dairy cattle reproduction, health, nutrition and cattle evaluation. Practice for state dairy management contests such as the skillathon and quiz bowls which will focus on dairy cattle reproduction. You'll also tour area farms. Open to youth 12 years and up. The cost for this workshop is $75. RSVP by April 7. Contact Christine Miller for more information. (586) 469-6431.

Macomb County 4-H Livestock Clinic

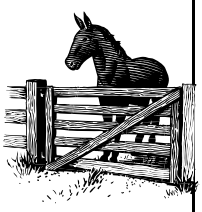
May 6, 2006 at Armada Fairgrounds, Armada from 8:30 a.m.-Noon

Every specie will be covered (goats, lambs, poultry, rabbits, steers & swine). Everyone is welcome to come and learn about showmanship, grooming & more! $10 per person or $25 per family of 3 or more. Lunch & snacks will be provided. For more information call Christine Miller at (586) 469-6431 or go to http://macombcountymi.gov/msuextension/Clubs.asp.

Ray's Riding Rascals

26th Annual 4-H Tack Sale

March 4, 2006 / 11 a.m.-4 p.m.
OPEN TO THE PUBLIC/$2 admission-12 and under free
Berville Lions Field Hall, 13651 Hough Rd., Allenton
Selling or buying anything for Horse or rider
New & used tack & clothes
For more information, call (248) 969-0266



REMINDER:
The deadline for the May-June issue of 4-H Family Notes is April 10, 2006.

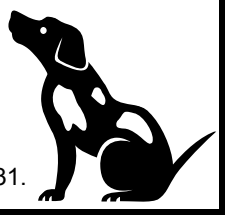
Shooting Sports Workshop

April 27-30, 2006 / Kettunen Center, Tustin, MI

This workshop offers a variety of training sessions including riflery, shotgun, archery, hunting and wildlife. Participate in one session for the weekend and receive certification for successfully completing the course. Join us and see all that the 4-H shooting sports program has to offer! Shooting sports instructors seeking re-certification in a discipline should fill out a re-certification application. You do NOT need to re-take the training unless you've been inactive for more than three years. Open to volunteers and youth aged 16 and up. Price and session information will be available in mid-March. Call Tina Fleming, 4-H Youth Educator, at (586) 469-6431 for details or e-mail macomb.4h@macombcountymi.gov.

3rd Annual K-9 Karnival

Saturday, April 1, 2006
at Canine Workshop
36339 Groesbeck, Clinton Twp., MI
9-10 a.m. - Registration
10 a.m.-3 p.m. - Program (Pizza lunch included)
Eight stations including Rally Obedience, Freestyle Demo, K-9 CPR, K-9 1st Aid, Wireless Containment Systems, Quiz Bowl & Dog-Related Craft.
Registration fees:
Before 3/8/06: $15
(Additional siblings $10)
After 3/8/06 pay $18
(Additional siblings $15)
For more information call
Nancy at (586) 307-8801
Or Anne at (586) 469-6431.



Great Lakes & Natural Resources Camp

July 30-August 5, 2006
Camp Chicagami, Presque Isle, MI

- Have fun in the great outdoors.
- Learn about & enjoy Great Lakes ecology & Michigan's diverse natural resources.
- Explore natural resource management issues & related careers.
- Learn from MSU faculty, MSUE staff, & other natural resource experts.
- Discover environmental projects to do at home.

Camp is open to youths ages 13-15 (Cost: $250). Go to http://web1.msue.msu.edu/cyf/youth/glnrc.html for more info. or call the 4-H Office at (586) 469-6431.

Those attending this camp who will be entering 8th grade in fall 2006 will be eligible to apply for a $2,000 MSU pre-college program scholarship. For information about this scholarship visit http://web1.msue.msu.edu/cyf/youth/scholar.html.

Upcoming Events (continued)

Telling Our Story Workshop

No one knows 4-H better than 4-Hers! Learn how to preserve your organizational history and document the contributions that your 4-H club and its members have made to your community and how to share that with others.

This workshop will be held April 28-29, 2006 at Kettunen Center. Materials, training, and mentoring will be provided for community-based and youth-serving organizations, including 4-H, to help record and tell their own histories, strengthen youth engagement in their organizations, and build youth skills in leadership, historical research, communication, multimedia technology, and community service. The theme of the workshop will be exploring your organization's record of community service.

Participants will learn about oral history research, documentary methods, and the history of community service and service-learning. After the workshop, participants will conduct interviews with members or former members of their respective organizations about the role of community service projects in the lives of individuals, organizations and communities. All participants will contribute brief written reports based on their interviews to a Telling Our Story online journal. 4-H teams will do a project about the history of 4-H community service in their region.

4-H participants should plan to attend as a team that includes adult volunteers, 4-H staff and 4-H teen leaders. The cost for this workshop is $44. Adult and teen volunteers aged 13 and up should register at the Macomb County MSU Extension Office no later than 5 p.m. on April 14, 2006.

Your Club Is Good But Could Be Great Workshop

As a 4-H volunteer leader, you are in unique position to play a key role in the life of young people. Did you ever wonder if you are doing the right things with your 4-H club to help ensure that all of your members are having positives experiences? Effective 4-H Club meetings are one of the ways you as a volunteer can have a significant impact on the members of your club.

This workshop will provide information on identifying the characteristics of a strong 4-H club, planning effective meetings, supporting club officers, and other important factors in developing that great club experience. Members of the State 4-H Club Development Committee will instruct this interactive 90 minute workshop scheduled for March 22, from 7:00-8:30 pm at the VerKuilen Building. Please RSVP to Roberta at MSUE by March 17.

Companion Animal Workshop

This workshop will be held at Kettunen Center April 22-23, 2006 and is open to 4-H volunteers aged 12 and up who are interested in sharing, learning and exploring the 4-H companion animals project. You'll share information about activities, club and group development, companion animal management skills, health issues, nutrition requirements and many other areas that will further your 4-H companion animal experience. The cost of this workshop is $32. Registrations must be received by 5 p.m. on April 7. Call Anne Crotser at (586) 469-6431 for more information.

Challenge Leader Training Series

The 4-H Challenge Program is looking for adults and/or youth 16 and up who enjoy the outdoors, have an interest in working with youth as volunteers, and are interested in receiving some training in this area. The training helps adults develop or improve their outdoor skills. It also teaches them how to work with youth in that setting to develop a variety of life-skills and an appreciation for the out of doors.

Two sessions of 4-H Challenge volunteer training are being offered this summer. Both start April 28-30 near Cadillac and require volunteers to complete two or more additional training sessions to become a certified 4-H Challenge volunteer.

The cost for the training is $232 for adults and $132 for youth 16-21. A registration fee of $100 is due with the application. An application and brochure, including dates, locations and more information, can be obtained from the Macomb County MSU Extension office at (586) 469-6431. Get a brochure with training dates and an application at http://web1.msue.msu.edu/cyf/youth/challenge/challapp.pdf.

MI 4-H Livestock Camp
June 26-28, 2006

(Early check-in June 25)
Branch County 4-H Fairgrounds
Coldwater, MI

Sessions offered include: Beef, Dairy, Dogs, Feeder/Starter, Goats, Horses, Rabbits, Sheep, Swine, Large Animal Sweepstakes, Poultry, Draft Horses, Llamas, MSU Field Trip, plus lots of other recreational programs and an opportunity to meet people from around Michigan.

Who can attend Livestock Camp?

4-H members who are at least 10 years of age for each session **except the sessions below that have higher age limits:**

- Horse & Beef Sessions: at least one year of showing experience at a county fair required.
- Sweepstakes session: You must be at least 14 and have shown two years at your county fair.
- MSU Anumal Science Field Trip is open to campers 14 years old and older who have attended camp at least one time prior to 2006.

Call Christine Miller at (586) 469-6431 with questions or to request a registration packet.

CELEBRATE SPRING AT WOLCOTT FARM

Story Time at the Farm
Listen to a story; make a craft; enjoy a snack.
March 14 & 15, 11:00 a.m.
$4 per child; pre-register + payment required

Make an Easter Centerpiece
Make a beautiful Easter centerpiece starting with a potted plant.
March 25, 11 a.m. and 1 p.m.
$4 per centerpiece; pre-registration + payment required

Egg Scramble
Join Roscoe the Clown and visit with the Easter Bunny
April 9, 1-3 p.m.
$5 per child/ $3 per adult

Babies, Babies, Everywhere
Learn about baby animals on the farm
April 17-21, 11 a.m., 1 p.m., and 3 p.m. daily
$3 per person; pre-registration + payment required

Mini-Greenhouses
Plant a flat of seeds of your choice & receive a dome to complete your take-home greenhouse
April 29 & 30,11 a.m. and 1 p.m.
$5 per greenhouse; pre-registration + payment required

Submitted by Cheryl Donovan

Notes from the 4-H Office

Program Participation Forms

New to 4-H volunteers but not new to 4-H is the need to record program delivery and participation by our members and volunteers. Funding for MSU Extension is based, in part, on the programs and activities (including community service) in which our volunteers and members deliver and/or participate. Volunteers, please use the new Program Participation Record as a sign-in sheet for each workshop or training your club or committee does that is educational in nature. Events such as animal clinics, craft workshops, and meetings with educational components should be included. Return these forms to the MSU Extension 4-H Office.

Forms are available by calling the 4-H Office at 586-469-6431 or online at http://www.macombcountymi.gov/msuextension/Clubs.asp. Click on "Forms" and scroll down to "Program Participation Form." If you are unsure whether your event should be counted, contact the 4-H office at 586-469-6431.

Have Your Story Featured in the 2008 National 4-H Calendar!

National 4-H Supply Service wants to hear about your favorite 4-H project and why it is meaningful. Your story could be used in the 2008 National 4-H Calendar. Sending in a submission may even get you a free gift certificate towards your next purchase of merchandise from the 4-H Source Book!

The 2008 calendar theme is "My Favorite 4-H Project". It will be up to 4-H members, volunteers, parents, staff and partners to furnish the stories that will be featured. These personal testaments must tell the what, when, where, why, and how; so everyone can understand how 4-H projects are meaningful.

One story for each month will be featured in the calendar and the author will receive one $10 gift certificate towards a future purchase in the 4-H Source Book. Please limit your entry to 125 words due to the space restrictions of the calendar. Don't forget to include your contact information. E-mail, fax or mail your stories to Maria Cascioli, National 4-H Supply Service, 7100 Connecticut Avenue, Chevy Chase, MD 20815, E-mail: mcascioli@fourhcouncil.edu, Phone: 301-961-2948, Fax: 301-961-2937. The submission deadline is April 30, 2006.

Did you know…

The Macomb County Animal Shelter uses newspapers to line the cages for the animals in their care. The staff is trying to avoid the expense of purchasing outdated newspapers from the newspaper facilities. Consider recycling your old newspapers at the Animal Shelter. Call (586) 469-5115 for more information.

Camping & Canoe Trips Planned

Save the dates! The Outdoor Education & Recreation Program Committee is putting together a countywide camping trip in July and a countywide canoe trip in August.

The camping weekend will be held at Algonac State Park in Algonac on July 21-23, 2006. There is a lot of fun stuff to do at the park, which is located on the St. Clair River. There are archery and trap ranges on site. Camping fees are $2.50 per night and a daily permit to enter the park. Deadline to register is June 16th. To sign up for this trip, contact LeRoy Mikolowski at 586.7275465.

The canoe trip will be held August 4-6, 2006 on the Rifle River. Costs for this trip will have not yet been determined. Registration deadline will be the first week of July. Watch future Family Notes and e-mails for updates on these exciting adventures!

Male Volunteers Needed!

You don't have to be a superhero to make a difference.

The 4-H Youth Mentor Program needs adult male volunteers to work one on one with a youth in your area. You can be a positive role model in the life of a young male for a minimum of 1 hour a week. **We provide free training and support.** Call today and make a difference tomorrow! (586) 783-8163

Is A Master Gardener Right For You?

In an effort to promote more 4-H club Horticulture projects the Horticulture and Environmental Education Committee will match your club with a MSUE Master Gardener who wants to earn volunteer hours by working with youth. If you are interested in this send the following information to Anne Crotser at MSU Extension, 21885 Dunham, #12, Clinton Twp., MI 48036.

Club name: _____

Leader/Screened volunteer to contact: _____

E-mail: _____

Phone _____

Number of youth expected to be involved: ____ Age span: _____

When and where activity will take place: _____

_____

_____

Description of activity with which club wants help: _____

_____

_____

_____

_____

Fair News

Lamb Carcass Added to Fair Book

New for the 2006 Armada Fair: The fair board accepted a proposal to add a lamb carcass class to the 2006 fair book. How this class will work is following: Registered 4-H members that wish to participate will be allowed to enter one lamb into this class. Lambs going into the carcass class must be weighed and tagged at the June 4th lamb weigh-in.

4-H lamb exhibitors will then have the opportunity to bring one of the three original lambs tagged to the fair for this class as well as their two market lambs that will be shown for the market lamb classes. The carcass lamb entry must be weighed in with the regular market lambs. At 8:00 PM on Monday, August 14th all carcass lambs will be evaluated on foot and loaded directly onto the trailer to go to the packer/processor. All entries will then be slaughtered and evaluated hanging on the rail by a qualified meat evaluator and judged based on actual meat measurements. 4-H members will be allowed to visit the packer later in the week to see their finished product. As an incentive to get this class started, there will be a donated $100.00 Grand Champion and $75.00 Reserve Champion award given to the top two carcass lamb exhibitors. 4-H members taking advantage of this educational class will be responsible for either selling the carcass or bringing it home with them. If you have any questions regarding the details, please contact Susan Knust at 810-798-8772.

Armada Fair 4-H Superintendents Needed

The youth of Macomb County are counting on you! These departments still have superintendent positions that need to be filled:

Department	Description	2005 Entries	Supers Needed
Dept. L	Floriculture	41	1 for depts.
Dept. M	Grains & Herbs	6	L, M, N
Dept. N	Horticulture	21	combined
Dept. P	Family	5	2 for depts.
Dept. Q	Folkpatterns	35	P, Q comb.
Dept. S	Personal Appearance	0	2 for depts.
Dept. T	Creative Stitchery	137	S, T comb.
Dept. U	Creative Arts	676	2 additional
Dept. V	Artists	115	2
Dept. X	Additional Projects	100	2 for depts.
Dept. XX	Photography	134	X, XX comb.

Department	Description	2005 Entries	Supers Needed
Club Display	Club Display	15	1
Exhibit Bldg.	Exhibit Bldg.		2
King & Queen	King & Queen	15	2

We're looking for adults to fill these positions. Adults do not have to be screened unless they are interested in the King & Queen Superintendent Role. Volunteers only need to be screened if they are alone with the youth. All you need to do is find a judge (or two) for the day of judging (the Sunday before Fair), be available the day of judging, and attend the Superintendent training on June 8. For a detailed job description, please call the 4-H office at (586) 469-6431. **IF THESE POSITIONS ARE NOT FILLED, THERE IS A POSSIBILITY NO ENTRIES WILL BE ALLOWED IN THESE DEPARTMENTS.**

4-H Calendar of Events

County Events

March

2 Companion Animal Prg. Committee meeting., 6:30 p.m., MSUE
4 4-H Horse Tack Sale, 11 a.m.-4 p.m., Berville Lions Field Hall, Allenton
6, 13, 20 & 27 Let's Get Growing: Teaching Kids to Garden, 6:15-9 p.m., MSUE
8 Communication & Expressive Arts Prg. Committee meeting, 6:30 p.m., MSUE
9 Livestock Program Committee meeting, 7 p.m., Armada High School
13 Outdoor Ed. & Rec. Prg. Comm. mtg., 7 p.m., Huron Pointe Sportsmen's Association
14 Horticulture & Envir. Ed. Prg. Comm. mtg., 6:30 p.m., MSUE
18 Macomb County 4-H Arts & Crafts Workshop, 9 a.m. - 4 p.m., MSUE
21 PEP, 6:30 p.m., Howell's Stables, Richmond
22 4-H Council Mtg., 5:30 p.m., MSUE
22 Your Club Is Good But Could Be Great, 7 p.m., MSUE
27 Horse Prg. Committee meeting, 7 p.m., Camp Rotary

April

1 K-9 Karnival, 9 a.m.-3 p.m., Canine Workshop, Clinton Twp.
6 Companion Animal Prg. Comm. meeting, 6:30 p.m., MSUE
10 Outdoor Ed. & Rec. Prg. Comm. mtg., 7 p.m., Huron Pointe Sportsmen's Association
13 Livestock Prg. Committee Mtg., 7p.m., Armada High School
19 Communication & Expressive Arts Prg. Committee meeting, 6:30 p.m., MSUE
24 Livestock Sale Comm. meeting
25 Horse Prg. Comm. mtg., 7 p.m., Huron Pointe Sportsmen's Association
27 PEP Program, 6-8 p.m., Howell's Stables
28 Dog Project Leader mtg., 6:30 p.m., MSUE

May

6 2nd Annual 4-H Livestock Clinic, Armada Fairgrounds, Armada
20-21 Fair Cleanup, 10-4 p.m. and 1-4 p.m., Armada Fairgrounds, Armada

State & Other Events

March

1 State Awards Applications due.
3-11 ANR Week, MSU
18-19 4-H Family Weekend, Kettunen Center
24-26 4-H Plant Science & Entomology Workshop, Kettunen Center

April

1-2 4-H Global Festival Workshop, Kettunen Center
21-23 4-H Dairy Conference, Kettunen Center
22-23 4-H Companion Animal Workshop, Kettunen Center
27-30 4-H Shooting Sports Workshop, Kettunen Center
28-29 Telling Our Story Workshop, Kett. Ctr.

May

5 Exploration Days registration deadline

SILENT AUCTION: The Armada Agricultural Society Fair Board approved a silent auction for meat, poultry and rabbits to be held at this year's Armada Fair. A subcommittee has met with St. Clair County to learn from their past successful program. Details for implementing a silent auction are still being developed. If you are interested in being part of the planning team, please contact Alayne Waterstraat at 586 727-3030.

Macomb County 4-H Staff

Marilyn Rudzinski
County Extension Director

Kathy Jamieson
4-H Youth Agent

Tina Fleming
4-H Youth Educator

Anne Crotser
4-H Youth Educator

Christine Miller
4-H Youth Educator

Karen Hakim
4-H NATURE Prg. Assistant

Cheryl Printz
4-H NATURE Prg. Assistant

Roberta Busquaert
4-H Secretary

Telephone: (586) 469-6431

Fax: (586) 469-6948

E-mail: macomb.4h@macombcountymi.gov

Craft Workshop 2006

Name_____
Address_____
_____
Phone #_____
Club Name_____
Age _____

	Class #'s
Session I	_____
Session II	_____
Session III	_____
Session IV	_____
Alternative Session	_____
Alternative Session	_____

4-H Member $20.00	_____
Non-Member $25.00	_____
Lunch Only $10.00	_____

Registration due March 4, 2006

Classes are filled on a first come first serve basis.

Make checks payable to:

Macomb County 4-H Communications &
Expressive Arts Committee

Mail to: Paula Martin
37777 DeVoe
Clinton Twp., MI 48036

Class 101 Wood Working with Nick
Nick has a great project in store for you. Be prepared to make some noise and create a wonderful wood piece.

Class 102A Scrapbooking
Ages 5-10
Don't forget that many fair projects require a scrapbook. This is a great way to get that project started. You will need to bring 10 – 12 pictures with you for this project.

Class 102B Scrapbooking
Ages 11 and up
Two-session class. Please fill out two sessions with the class number. See 102A for what to bring.

Class 103 CD Clocks
Decorate a CD and add the clock kit to make a unique decorative clock for your home or as a gift. There are many ways to decorate the CD.

Class 104 Decorative Painting
Paint a glass candleholder with Miss Sandy. Miss Sandy always has great projects for you to make.

Class 105A Ceramic Painting
Ages 5-9
Come paint a ceramic box with Miss Rebecca. You will have several box styles to choose from.

Classes continued on the back . . .

Class 105B Ceramic Painting

Ages10 and up

This class will take two sessions. Please fill out two sessions with the class number. Miss Rebecca has a new project to paint this year. Tic Tac Toe board and game pieces. This is going to be a neat project to do.

Class 106 Calligraphy

Learn the basics of this art form. *This is a very limited class.*

Class 107 Paper Craft

Have fun with different kinds of paper crafts in this class. You could be quilling or making fingerprint pictures. It will be a fun time of learning different types of crafting with just a few supplies.

Class 108 Recycled Art

Make a fish out of a bottle. This was a great project last year and should be a big hit again this year.

Class 109 Worms Eat Your Garbage

Learn how to make a small composting station for your kitchen. Learn how composting works and why it is good for the environment. Complete with worms.

Class 110 Garden Wind Chimes

Bring the sound of the wind to your yard with a copper pipe garden chime.

*******Don't forget that we will have the "Entertain Me Table" set up again this year for you to make your own little projects when you have time between classes. If you have any craft supplies you would be willing to donate to the table, please bring them with you. *******

Macomb County

4-H Communications and Expressive Arts Program Committee

presents

Craft Workshop

2006

March 18, 2006

9:30 a.m. - 4:00 p.m.

VerKuilen Building

21885 Dunham Rd

Clinton Township, MI 48036

Entrance C

Just a couple of reminders about Craft Workshop: Remember to bring a box to take your items home. Bring a complete project with your name, club name, and full set of instructions to be entered in our mini craft show. Winners will receive a basket of assorted craft supplies. Please remember to thank all of your instructors. They work hard at putting together a great class for you.

Questions please call (586) 469-6431

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

Updated 7/2004

HEALTHY COMMUNITIES HEALTHY YOUTH

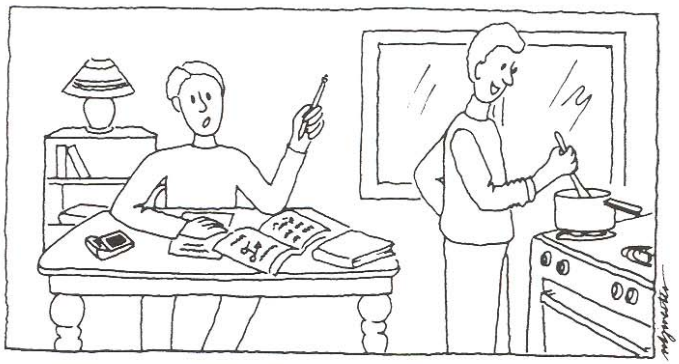
Newsletter #29

ideas for parents

Practical Suggestions for Building Assets in Your Child

Three Key Homework Skills

The most you may hear about homework from your child is that he or she hates it, doesn't have any, or has too much of it the night before a test. But it's more likely that your child is actually lacking in some essential homework skills.



Judy Dodge, author of *The Study Skills Handbook* and a study-skills consultant, says young people need to incorporate three key skills to do homework well.

1. Organizational skills—Young people need to develop ways to ensure that homework can be worked on, such as finding a homework site, creating a homework filing system, and using visual organizers.

2. Time management skills—Children should set a consistent time to study, eliminate distractions, get proper sleep, take appropriate breaks, and accurately project how long an assignment will take.

3. Study strategy skills—Children need to know and use a variety of learning strategies, such as rewriting, drawing, memorizing aloud, and making flash cards.

In addition, Dodge suggests young people create a daily homework checklist that includes:

- Carefully copying the homework assignment from the teacher's instructions.
- Bringing home all materials needed from school.
- Beginning studying at a set time.
- Putting all their effort into doing the homework well.
- Placing the homework near the door to take back to school the next day.

Once children get the hang of homework basics, then they can become more creative with their studying strategies. Keep encouraging them to stick with it.

time together

Three ways to help your child improve her or his homework skills:

1. Study together. While your child
   - does schoolwork, read, study something new, or catch up with some work. Be available to help your child.
2. Meet with your child at the
   - beginning of the quarter or semester and help break down large assignments into smaller assignments. Monitor progress.
3. Together set boundaries about
   - interruptions, such as phone calls and visitors who drop in.

Quick Tip:
Encourage your child to study something—even if he or she doesn't have homework.

FAST FACTS

ASSET #23: Homework

Youth are more likely to grow up healthy when they report doing at least one hour of homework every school day.

45% of youth surveyed by Search Institute have this asset in their lives.*

What Are Assets?

Assets are 40 key building blocks to help kids succeed. "Homework" is one of five commitment to learning assets.

* Based on Search Institute surveys of almost 100,000 6th- to 12th-grade youth throughout the United States.

A challenge . . . Only 37% of boys have this asset, compared with 53% of girls.

Homework Through the Years

Homework experts say the key to developing good homework habits is to make them regular and reasonable. Here's what you can expect from children at different ages, according to Diane Heacox, author of *Up from Under-Achievement*.

Grade in School	*How Long*	*How Often*
Preschool to Grade 1	Up to 15 minutes	3 days a week
Grades 2-3	Up to 20 minutes	5 days a week
Grades 4-5	Up to 30 minutes	5 days a week
Grades 6-8	Up to 1 hour	6 days a week
Grades 9-12	Up to 3 hours	6 days a week

talk together

Questions to discuss with your child:

- At what time of day is it easiest for you to study: morning, afternoon, or evening? Why?
- Which kind of homework is most interesting to you? Most challenging?
- How do you feel about our family's attitudes and values about homework?

Creating a Homework Haven

Children need a place of their own when it comes to doing homework. Setting up a homework area will encourage your child to study on a regular basis.

- Find a space away from distractions—including other family members. It could be a bedroom or an extra room. Some families designate a portion of the kitchen table or the living room.
- The area should include a chair, a lamp, and a sturdy writing surface. (Plopping on the couch doesn't work for more than a few minutes.)
- Make sure all necessary materials are available, such as pencils, paper, a dictionary, computer equipment (if available), and all the materials needed for the assignment from school.

More Stuff You Can Use

Homework & Study Support: A Guide for Teachers & Parents has many ideas on building homework skills in your child. (Available from Taylor & Francis, Inc., 1900 Frost Road, Suite 101, Bristol, PA 19007-1598; 1-800-821-8312.)

Studying: A Key to Success. You can receive this free brochure by sending a self-addressed, stamped business-size envelope with your request. (Available from International Reading Association, 800 Barksdale Road, P.O. Box 8139, Newark, DE 19714-8139; 1-800-336-READ.)

Final Word

"Developing a method for recording and prioritizing school work, and scheduling time to complete it, are essential to school success."—Diane Heacox, author of *Up from Under-Achievement*, a parenting book about helping your child succeed in school

This newsletter and other asset resources are produced by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 1-800-888-7828.
 Major support for Search Institute's *Healthy Communities • Healthy Youth* initiative is provided by Lutheran Brotherhood, a fraternal benefit society that specializes in insurance, annuities, and investment products.

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

Healthy Bites

Information To Improve the Selection and Use Of Foods In Your Home

Valuable Nutrition for 64¢ A Day

Volume

Americans know that eating 5 or more servings of vegetables and fruits daily plays a vital role in good health. Yet more than 75 percent of consumers are not eating nearly that number of servings.

Reality Check: Costs and Servings Are Small
People list two main reasons for not eating enough vegetables and fruits; High cost and "5 servings" sounds like too much. A closer look reveals that eating plenty of produce whether fresh, frozen or canned is actually very affordable.

First, how much is a serving? The USDA serving size is far less than the oversized servings of prepared foods we are used to seeing. For leafy green vegetables, 1 cup; cooked vegetables, 1/2 cup. For fresh fruit, 1 medium apple, pear, or other reasonably sized whole fruit; for dried fruit, 1/4 cup; and for chopped fruit or berries, 1/2 cup.

If you divide these serving sizes into the cost of what you pay for a vegetable or fruit, it doesn't come out to be that expensive, compared to the cost of chips, soda pop and other processed foods. In a price analysis, the USDA reported that it would cost **64 cents a day** to eat 3 servings of fruits and 4 servings of vegetables.

Getting your Money's Worth. Here are some money-saving tips for stocking your kitchen with affordable produce.

- Keep frozen and canned produce on hand.
- Eat a rainbow— the highest amounts of vitamins and phytochemicals is available in brightly or darkly colored produce.
- Think seasonal—When you buy fresh produce, buy only what's in season locally.
- Refrigerate produce that is most perishable in perforated plastic bags.
- Wait until just before using to wash produce.
- Stock up on longer lasting produce. Most root vegetables (including parsnips, potatoes, carrots and turnips), and citrus fruit can be kept refrigerated for 1-2 weeks. Buy canned vegetables and fruits. Legumes, beans, split peas and lentils provide protein fiber and folate in one tasty, low-cost package.

Source: American Institute for Cancer

WORD WISE

Folate

Folate is a B vitamin that plays an important role in metabolism and proper functioning of the body. Individuals who are at risk of folate deficiency include pregnant and lactating women, adolescents, and the elderly. Folate is found in green, leafy vegetables (spinach, brussels sprouts, broccoli, turnip greens, and asparagus, mushrooms, legumes, oranges, orange juice, fortified breakfast cereals and liver.)

Source: Whole Grain Council

MEXICAN VEGETABLE CASSEROLE

Ingredients:

1 1/2 c. fresh or frozen whole kernel corn	2 eggs, slightly beaten
1/2 c. chopped onion	1/2 tsp. Salt
1/2 c. chopped green pepper	1/4 tsp. black pepper
1-16 oz. can Kidney or Black Beans	1/2 c. milk
1 lg. tomato, chopped	2/3 c. cornmeal
1 c. shredded cheddar cheese	1/2 c. water

Directions:
In medium saucepan combine corn, onion, green pepper and water. Bring to boiling, reduce heat. Cover and simmer for 5 minutes or until vegetables are tender crisp. DO NOT DRAIN. Meanwhile, in a large mixing bowl combine beans, tomato, 1/2 cup cheese, cornmeal, milk, eggs, salt, and pepper. Add undrained vegetables to cornmeal mixture; mix well. Turn into a 2 quart casserole. Bake, uncovered in a 350° oven 45 to 50 minutes or until done. Top with remaining cheese and return to oven until melted and lightly browned.
Nutrition: Number of servings 8, calories 200 per serving.

As Food and Nutrition Extension Educator I welcome your thoughts and ideas for upcoming issues of *Healthy Bites*.
Contact me at 586-469-6432 or haramin2@msu.edu. Thank you. —Eileen Haraminac

Food Label Laws in Effect January 2006

Effective January 1, 2006, the FDA is requiring food labels to clearly state if food products contain any ingredients that contain the eight major **allergenic foods**. Manufacturers will be required to identify in plain English the presence of ingredients that contain substances from **milk, eggs, fish**, **crustecean shellfish, tree nuts, peanuts, wheat, or soybeans** in the list of ingredients or to say "contains" followed by name of the source of the food allergen. The new labeling will be especially helpful to children who must learn to recognize the presence of substances they must avoid.

The eight major food allergens account for 90 percent of all documented food allergic reactions, and some reactions may be severe or life-threatening. Consumers will benefit from improved food labels.

The new law does not require food manufacturers or retailers to re-label or remove from grocery or supermarket shelves products that do not reflect the additional allergen labeling as long as the products were labeled before the effective date.

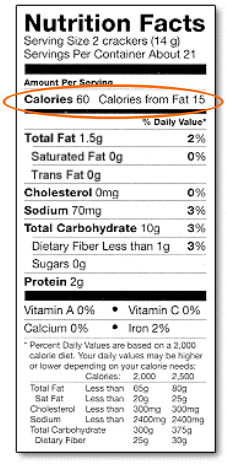
As a result, FDA cautions consumers that there will be a transition period of undetermined length during which it is likely that consumers will see packaged food on store shelves and in consumers' homes without the revised allergen labeling. The new law is officially called the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA).

Another law regarding the food labels is about to make the label more useful. Food manufacturers have until January 2006 to comply with a new rule adding a line to the nutrition label listing trans fats, also known as trans fatty acids. If a serving equals 5 percent of daily value of a nutrient, that food can be considered low in the nutrient; 20 percent can be considered high. A food listed as low in cholesterol means it is low in dietary cholesterol, which does not necessarily mean it has no effect on blood cholesterol. Until the nutrition label lists "trans fats," look for these in ingredients listed as "shortening," "hydrogenated vegetable oil" or "partially hydrogenated vegetable oil."

Check Your Label

Calories and Calories from Fat

The number of calories in a single serving of the food is listed on the left of the label. This number tells you the amount of energy in the food. People check this because it's good to limit fat intake. The calories in a food can come from fat, protein, or carbohydrates.



Nutrition Facts
Serving Size 2 crackers (14 g)
Servings Per Container About 21

Amount Per Serving
Calories 60 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: kidshealth.org

Food Nutrition Hotline

MSU Extension provides a General Nutrition Hotline for county residents, (586) 469-5060.

Jane Smith staffs the Hotline, and is available M-W-F from 9 a.m. to 3 p.m. to answer general food/nutrition questions and provide information about food safety and food preservation, such as canning and freezing.

We also provide testing of pressure canning equipment to county residents. **Residents will be required to leave the lid of the unit for testing and return in 2 days to pick up their equipment.** No fee is charged for county residents.

TIME TO PLAY

When It's Cold Outside

Brrr! It's a cold day and you're all bundled up, looking for some fun. Warm up fast and get those muscles moving by shoveling the snow off the driveway or the sidewalk. You might even offer to shovel the driveways or sidewalks for people in your neighborhood. Make some giant snow people or other snow creatures. Build an igloo or a fort, and store all your snowballs there.

If you live near an ice-skating rink or pond, strap on some skates and glide across the ice. If skiing is more your thing, put on those skis and go because both downhill and cross-country skiing are great ways to exercise. Or see the snow rushing past you from a sled, snowboard, or toboggan. It helps to have a grown-up around to keep everyone safe. Be sure to steer clear of obstacles like trees and to stay off roads and streets.

More things to do when it's cold:

- Play tag in the snow.
- Take a nature hike and look for animal footprints.
- Pull a little kid around on a sled.
- Make snow angels.

When You're Stuck at Home

Maybe you can't go out because the weather is rainy or too cold. But that doesn't mean you can't get some exercise while you're inside. Turn on your favorite music and dance. Invite your dog or cat to join in the fun. Or grab a hula hoop and make up some hula-hoop dances. If there is enough room, you can jump rope and count how many times you jump without missing.

There are basketball hoops with over-the-door hooks and basketballs made from soft foam that are meant to be played with indoors. If you have them and there is enough room, set them up and shoot some hoops. Have a tournament with everyone in the house - may the best basketball player win!

More things to do when you're stuck at home:

- Set up a scavenger hunt.
- Bat a balloon back and forth and try not to let it hit the floor.

And here's one thing **not** to do: Try not to say, "I'm bored. There's nothing to do." As you just found out, there's always something to do!

kidshealth.org

Check our Web site:
macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

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